

THE RE-MIGRATION OF CANADIANS

IN TIMES PAST DOMINION SUFFERED LOSS.

Expatriated Sons and Daughters of the Maple Leaf Invited to Return to Native Land.

It is perfectly apparent from the low rate of population increase as illustrated in the census figures just published that the Maritime provinces of Canada have not succeeded in keeping the population which the natural increase and immigration have added to it. Whilst a goodly proportion of the missing population is to be found in the Western provinces, engaged in building up another section of the Dominion and therefore in the strictest sense not lost, there remains the fact that much of this migration took place before there was a developed West for it to migrate to.

In the past years, before Canada had in any respect attained the status she occupies now or possessed the same variety of life or opportunity that her's and her people's to-day, the close proximity of the thriving industrial regions of the New England states to the Maritimes acted as a powerfully attracting influence to the young people of those provinces and to those who felt cramped in Canada with its limited opportunity. Prosperous times in these industrial areas witnessed a wholesale exodus from the Maritimes, and in most cases the emigrants did not come back. It has been said that there are more Nova Scotians and their descendants in the New England States than the total population at home.

Always French-Canadian at Heart. These same influences worked in a very similar manner upon the agricultural districts of Quebec province, and the proximity of such areas offering them kinds of work at good wages which Canada could not, drew the French-Canadian from the land in great numbers. They have remained there and increased. They have established little Quebecs in the midst of the Great Republic, towns and villages that are as French-Canadian in character, spirit, language and religion in every essential, as any in old French Canada. The French-Canadian of the New England states, it is claimed, is as inherently so as if he had spent his entire life in Quebec.

It was with infinite regret that Canada, exerting every endeavor to build up her population, saw them go, realizing that she was powerless in her economic situation to arrest it. Canadians in the New England states have prospered exceedingly and have made their native land known through the eminence they have attained in all manner of positions. It has sometimes, in fact, been argued that had they brought into play, in their native provinces, the energy and determination which they felt was necessary for success as emigrants in a strange land, the same development might have been achieved at home.

No Justification for Further Exodus. Be this as it may, Canada, in her then state of development, offered a limited diversity of opportunity, but the time which has elapsed since then has wrought wonderful changes, and to-day there is no justification for further exodus; in fact, Canada is warranted in encouraging her expatriated sons to return to their native country on the promise of an equality of opportunity to that they are leaving. Canada has developed to a phenomenal extent in every phase, her industries are great and expanding yearly, whilst more adequate development is taking place in her great variety of natural resources. Canada to-day has need of all her sons; a most pleasing feature of her immigration tide would be the inclusion of these lost sons driven away by circumstances.

Willst many of the descendants of these emigrant sons of Canada are not Canadian in character or spirit and all their sympathy and loyalty is for the land of their fathers' adoption, certainly the older people have never lost their regard for Canada as the homeland which merely circumstances caused them to leave. To the French-Canadian there is ever only one real home, the province the settlers from old France first settled. It would seem only necessary to bring home to these people the transformation that Canada has undergone in recent years and to offer an assurance of equal chance in it, to commence a migration on a substantial scale.

Canada Calls Them to Return. The governments of Quebec and Nova Scotia are alive to the situation and have taken an advantage of a decline in New England industrial prosperity to further the claims of the mother country. In the year 1921, 648 settlers, worth in excess of \$121,000, came to Nova Scotia, though it is not possible to say what proportion of these come from across the border. In the same period, however, 203 French-Canadian families returned directly from the New England states to Quebec province.

We cannot all be men of push and go; if we were there would be nobody to be pushed and nowhere to go—Lord Ernie.

TOO LITTLE BLOOD

The Cause of Nearly All Everyday Ailments of Life.

Too little blood is what makes people look pale and feel languid. That is what makes them drag along, always tired, never real hungry, unable to digest their food, breathless after slight exertion, so that it is wearisome even to go up stairs. Doctors tell them they are anemic—the plain English being too little blood. If you do not relish your meals, if you are easily tired and frequently dependent, it is a sign that your blood is thin and watery, and that you are on the verge of a breakdown.

More weak, anemic people have been made strong, energetic and cheerful by taking Dr. Williams' Pink Pills than by any other means. These pills enrich and renew every part of the body, strengthen the nerves, and restore new health and vitality. Miss Dorothy M. Ellis, Davidson, Sask., says: "I have found great benefit through the use of Dr. Williams' Pink Pills. I was weak and run down and seemed to have no ambition, but after taking the pills felt restored. I shall be glad to recommend them to any sufferer."

If you are suffering from any condition due to poor, watery blood or weak nerves, begin taking Dr. Williams' Pink Pills now, and note how your health and strength will improve. You can get these pills through any dealer in medicine, or they will be sent by mail, post paid, at 50 cents a box or six boxes for \$2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

Work thou for pleasure; paint or sing or carve
The thing thou lovest, though the body starve
Who works for glory misses oft the goal;
Who works for money coils his very soul.
Work for work's sake, then, and it will may be
That these things shall be added unto thee.

—Kenyon Cox

The Tragedy of the Forest.

It was near sundown of an October day, says a contributor to Field and Stream, when two hunters heard a peculiar noise, as of a hammer striking wood, echoing through the forest. On investigating, they found a pair of large buck deer, fighting in a clearing. The deer repeatedly launched themselves at each other, and their horns clashed with terrific force. After an unusually severe impact, the watchers gasped with astonishment to see that the horns had locked. The bucks tugged and tore; they whirled in innumerable circles; they struck at each other with their front hoofs; but they were powerless to free themselves.

The men moved into the clearing and walked to within a few yards of the combatants, but the bucks paid no heed to them and continued their struggle. For a few moments they would rear, panting heavily; then they would renew the fight. After several hours the two great animals lay down exhausted. Both were bleeding from lacerated cuts that flying hoofs had inflicted. Unable to separate the animals, the hunters mercifully ended the struggle, which neither deer could have survived.

A Heartless Family. There had been a severe thunderstorm in the night, and old Mrs. Cockle, for a wonder, slept through it. Usually she rose, lighted her room, dressed herself and set down in a chair, whose legs were set in glass tumbler.

Instead of being grateful that she had not been aware of the storm, the old lady was filled with wrath when she heard of it the next morning. "I declare, I should think I was boarding instead of living amongst my own folks!" she said. "Wasn't there one of my children or grandchildren that thought enough of me to wake me? There I might have been struck by lightning in my sleep and never known what killed me!"

Unchecked. "How did Teller get his cold?" "All the drafts in the bank go through his cage."

The only way to reform society is for each man to reform himself.

Minard's Liniment for sale everywhere

Grass That Sows Its Own Seed.

"Is there anything comparable in the structure of plants to the nervous muscular apparatus we find in animals?" In the opinion of Professor Keeble the answer should be in the affirmative. He pointed out recently that plants respond quickly to external stimulus, and that there must be some machinery whereby they effect those responses.

Professor Keeble drew attention to the far-sighted "faculty" of certain plants which make provision for the sowing of their own seeds after they themselves are dead.

It is as though the plants know that they are going to be in difficulties, and so make arrangements to overcome them. In their growth these plants create an apparatus within themselves for this special purpose.

The Russian steppe grass builds an apparatus of coiled fibres which twist and untwist according to the influence of the weather. When the first wet day arrives the coil twists, and the barb that is at the end of the apparatus fixes it into the ground. When the dry days come the coil untwists, but is not released from the ground because the barb holds fast.

In this manner the seed is actually sown in the ground, and the propagation of the plant assured.

KEEP CHILDREN WELL DURING HOT WEATHER

Every mother knows how fatal the hot summer months are to small children. Cholera infantum, diarrhoeas, dysentery and stomach troubles are rife at this time and often a precious little life is lost after only a few hours' illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevents stomach and bowel troubles, or if the trouble comes suddenly—as it generally does—the Tablets will bring the baby safely through. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Aprons. Nurse wears an apron stiff and starched. That seems to say, "Now you quick march!"

Cook wears a big white apron too. But hers is not so stiff and new. It's more the soft and comfy kind. And tied with bits of tape behind.

Old Mrs. Dobbs wears one of brown. When she is busy cleaning down. My mother when she's sewing things Wears one with pale blue ribbon strings.

Dear grandmamma who's come to stay, And knits at socks and shawls all day. Has one with pockets in the hem, I wonder what she keeps in them?

I want to wear an apron, too, I hate my pinafore, I do! —F. K. Rushworth.

One of the secrets of good dressing is to consider clothes as members of a family, to remember that coats, hats, dresses, waists, shoes and stockings should be brothers and sisters. The tragedy of summer bargains is going home with a variety of odd garments, each one satisfactory in itself but bearing about the same relation to the other as a second cousin to a first wife's sister's husband.

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Random Remarks. The instinct of curiosity is really at the base of a great deal of our knowledge.—Professor R. Strong.

Wooden legs do not run in families, but wooden heads do.—Dr. Bernard Hollander, the famous mental specialist.

To go to ex-prisoners for an impartial criticism of prison administration is like applying to a mouse for an impartial opinion of a cat.—Sir Basil Thomson.

In these days, when women are allowed to do everything and go everywhere, they have considerable influence which should be used for good.—Princess Louise.

If Englishmen have laughed at me, I have made them pay for it. When they were laughing I was knocking the sumpstone out of their "pooches." I have saved some of them, and I have given some of them away. Scotsmen are twisted about their thrift. They are told it is a habit in Scotland. It is not, it is a gift.—Sir Harry Lauder.

His Hearing Restored.

The invisible eardrum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York city. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective where deafness is caused by catarrh or by perforated or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth Ave., New York city, will be given prompt reply.

All Upset. "Ethel, can you tell us the shape of the world?" asked the teacher, encouragingly. "Yes, miss; it's in a pretty bad shape just now," replied the precocious child, who had heard her daddy say a few things at home.

MONEY ORDERS.

When ordering goods by mail send a Dominion Express Money Order.

Cold Boiling Water.

The recent magnificent attempt to scale the summit of Mount Everest reopens interest in the various methods by which heights can be ascertained. The instrument which is used by the majority of mountaineers is the aneroid. This instrument has no mercury, but depends on a mechanical contraction of a thin metal plate for its method of registering the air pressure measurement.

Ordinary mercurial barometers were also carried by the Mount Everest expedition, and the readings obtained from them were used to check the figures given by the aneroid. Another method, which might be described as an unofficial way for a party to discover their altitude above sea level, is to determine the temperature at which water will boil. Water, owing to a curious phenomenon of the atmosphere, boils at about one degree (Fahr.) for every 590 ft. climbed. An instrument called a hypsometer, or boiling point thermometer, registers the boiling point at any altitude reached, and therefore indirectly registers as well the height above sea level.

The fact that the boiling point of water changes at varying altitudes, leads to many very strange situations. It is possible for the pressure of the air to be reduced by mountain climbing until the boiling point is at the same level as the freezing point.

In parts of South America there are monasteries on the mountain's sides, at heights of 10,000 to 14,000 ft., where water boils so quickly that it does not get hot enough to cook meat, potatoes, or other foods.

Fortunately, at that height human beings do not feel the urgent need for food felt at lower altitudes. During the last few days necessary for the final rush to a peak, such as Mount Everest, the mountaineers only require a little soup, chocolate, or biscuits.

Growing Umbrella Handles.

Those who are intrigued by the attractive shapes of a wooden umbrella handle and conclude that the trees simply "grew that way" will be surprised to learn that they are making a great mistake.

Cultivating an umbrella handle is a slow and tedious process, often requiring three years of the most careful attention.

At the end of the first year the young tree is cut quite short. From then on, the bark of the sprouts is cut and the wood is carved and twisted into all manner of fancy shapes and the tree, as it grows, swells and enlarges the design. Great care must be exercised lest the tree die from interruption of the flow of sap.

After cutting, each stick is dried carefully in the sun, and then steamed in a vapor bath until it is soft and pliable.

Minard's Liniment Relieves Neuralgia

The Man Who Likes a Tree. I like a man who likes a tree, For when he sees his blessing there, In some way, too, he wants to share. Whatever gifts his own may be, In helping others, like a tree.

For trees you know are friends indeed, They satisfy such human need; In summer shade, in winter fire, With flower and fruit meet all desire, And if a friend to man you'd be, You must befriend him like a tree.

—Charles A. Heath.

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BELTING FOR SALE

WRETHAMERE BELTS AND SUC-TION HOSES, new and used, shipped subject to approval of... in Canada. York Belting Co., 113 York St., Toronto, Ont.

Certain flowers have their likes and dislikes. Sweet peas fade at once when put in a vase with other flowers. Mignonne, lilies-of-the-valley, and certain kinds of poppy also have no friends in the flower world.

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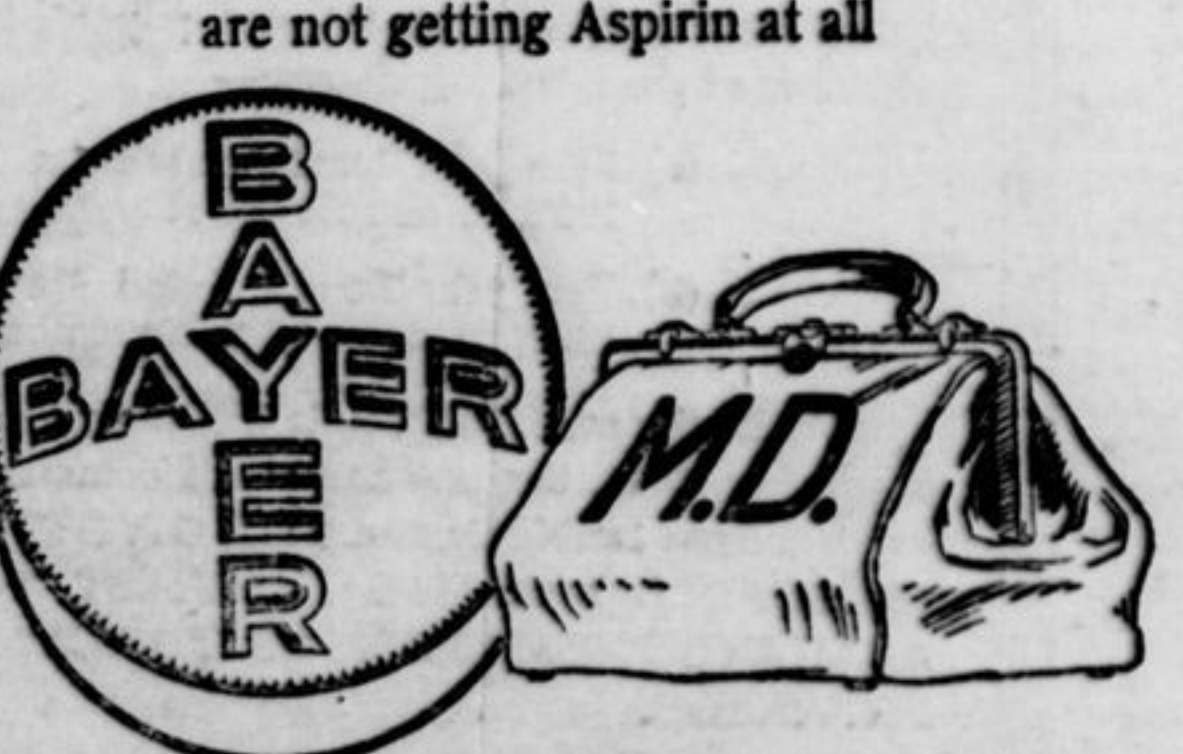
Fork River, Manitoba.—"I saw in the newspapers where Lydia E. Pinkham's Vegetable Compound was doing so much good to women, and as I needed something I began to take it. I used to be very sick but I am not now. I live on a farm in the home-stead district and we have to do all our own work. I tell all the women I see that Lydia E. Pinkham's Vegetable Compound does for me. I think it saves me from going to a doctor and is the best medicine women can take."

—Mrs. Wm. COLLIER, Fork River, Manitoba. Lydia E. Pinkham's Vegetable Compound is a medicine for the ailments peculiar to women. It is prepared from medicinal plants, with care and accuracy. It can be taken by women of any age.

Women make a serious mistake in allowing themselves to become so weak and nervous that it is well-nigh impossible for them to attend to their necessary household duties. Such symptoms as pains and irregularities, all-gone feelings, backache, headache, hot flashes, nervousness, with a general run-down condition, indicate some form of female trouble. The Vegetable Compound has brought relief to thousands of women suffering from such ailments. Let it help you.

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- Toothache Neuralgia Neuritis
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